



First Day of Preschool



Welcome to Kids Corner Preschool and Childcare!

The first day of school is an exciting milestone in your child's life. Your child is embarking on a journey that will lead them on many roads of discovery and learning. As wonderful as this new experience may be, it can also be quite stressful for the young child. New environments and change can, at times, be unsettling for all of us. For many children this may be their first experience of separation from parents or care givers at home. It is common for even the most outgoing child to be anxious the first day of school.

With this in mind, we have provided a few suggestions for assisting your child during this time. Remember the preschool staff will be available to provide support and assistance, making your child's first school day a happy one!

- **Prepare your child** for the new school experience by explaining what to expect. Answer all questions directly and honestly.
- **Convey a positive attitude.** Young children are aware of your feelings. Your enthusiasm will assure the child that school can be a fun and exciting place.
- **Establish a routine** involving both the night before a school day, as well as morning preparation.

Rituals and routines will add predictability and are comforting in unfamiliar situations.

- **Bring something from home.** This is acceptable and often reassuring in helping the child with the initial adjustment to school. This item may be a treasured blanket or a family photo.
- **Clearly state to your child where you will be and when you will return.** It may also be helpful to discuss what will happen when you and your child are reunited.
- **Maintain a clear goodbye routine.** This may include warning the child you are leaving in 2 minutes, a kiss and a hug, or a wave from the window. Extending the goodbye with, "Ok, just one more kiss" and/or a, "I really have to go" tends to heighten anxiety rather than relieve it. Avoid sneaking out, as this seems to encourage children to become less trusting, feel abandoned, and makes the school day even harder.

Again, please know we are here to help make the first day of school a happy transition and we look forward to an exciting and fun year!